

News

This Month's Cooking Demo
COOKING WITH SQUASH
 October 13
 12-1:30 pm
 Recipes and Taste Testing
 using spaghetti squash
 Make and Sample Autumn Squash Soup.
 RSVP by October 11th
 (8 spots available)
 518-358-9667



Guided Relaxation Fridays
 9:50-10:15am
Relaxation Lounge
 No RSVP required



Diaphragmatic Breathing
 Progressive Muscle Relaxation
 Visualization

Akwesasne Coalition Presents
Trunk or Treat
Where:
 Mohawk International Raceway
When:
 October 28th at 5:00pm
What:
 Kids come dressed in costume and Trick or Treat for healthy snacks at the elaborately decorated trunks of members of the Akwesasne Coalition for
Community Empowerment
 For more information please contact the
 A/CDP Prevention Program at 518.358.2967



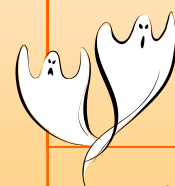
October 31st

Move For Health Class Halloween Party
 Wear your Halloween Costume or Festive Outfit
 And receive a healthy treat!

Our office will be closed on
 October 10th
 Indigenous People's Day



Please pick up all your supplies ahead of time.



Fall



Helping Build A Better Tomorrow

Exercise Classes:
Move For Health
 Nurse supervised exercise classes
 Must be enrolled in LGHP.
 Monday-Thursday
 8-9am 9-10am 10-11am 11-12pm

Community Classes:
 No registration required
Body Works
 Monday & Wednesday
 4:15-5:00pm

After Hours Fitness
 Monday & Wednesday
 5:15-6pm

Public Fitness
 Tuesday & Thursday
 12-1pm

Club Circuit
 Friday
 9:00-9:45am

All exercises classes offered by the Let's Get Healthy Program are free to ages 18 year and older

Please wear comfortable clothes, bring clean/dry sneakers and a water bottle.



Kenténha/October 2016

Tsitewatakari:tat/The Let's Get Healthy Program
 66 Business Park Road
 Akwesasne, NY 13655
 518-358-9667

October is National Depression and Mental Health Month

About Screening for Mental Health

For more than two decades, Screening for Mental Health, Inc. (SMH) has partnered with organizations to provide mental health education and screening programs, including *National Depression Screening Day*, *National Alcohol Screening Day*®, and the *National Eating Disorders Screening Program*®. These programs are designed to educate, reduce stigma and screen people for mood and anxiety disorders as well as alcohol problems.

Too much stress sometimes can lead to depression. You may be at risk for depression if you have any of the following symptoms for more than a week.

Symptoms of depression are:

- Feeling sad or irritable
- Having lost interest in activities you enjoy
- Feeling worthless
- Having a change in sleeping patterns
- Feeling fatigued or like you have lost energy



Doctors can help to treat depression. Call your doctor if any of the above is a problem for you.

For more information about SMH, visit www.MentalHealthScreening.org.

Cold and Flu Prevention

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Talk to your doctor about receiving the Flu Vaccination.

CAUTION
COLD & FLU SEASON

INSIDE THIS ISSUE:

Nutrition Page	2
Fitness Page	3
Cooking with Squash	4-5
Nursing Notes	6
Red Ribbon Week	7
News	8

September Cooking Demonstration "Garden Salsa"

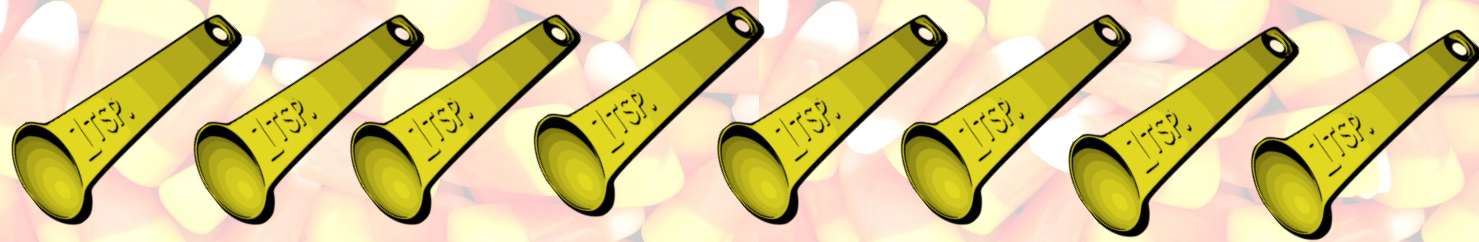


Nutrition



The Truth About Halloween Candy

This is always a good time of the year to remind our patients that sugar free is not carbohydrate free and fat free is not sugar free or calorie free. If you must dig into the Halloween candy read your labels, buy snack size servings and giveaway the extras! A healthier option would be a piece of dark chocolate. Dark chocolate should be at least 70% cocoa to have the most heart health benefits. *A small handful (19 pieces of candy corn) has 31 grams of sugar and 7.75 teaspoons of sugar!*



Healthier Halloween Treats

Not all healthy treats have to be boring or health food. Kids love getting things other than candy for Halloween!

Glow sticks, Glow necklaces, Glow bracelets
Gemstone rings
Beaded necklaces
Craft kits/DIY bracelets
Fruit cups with jack o lantern faces
String cheese with ghosts faces
Pencils
Superhero masks
Stencils
Stickers
Temporary Tattoos
Bouncy Balls
Sticky hands
Small playdoh cups

For more ideas or to buy these items in bulk check out
Oriental Trading Company
BJ's Wholesale Club



EAT MORE-VEGETABLES

Eat more! You don't often hear that when you have diabetes, but non-starchy vegetables are one food group where you can satisfy your appetite. Vegetables are full of vitamins, minerals, fiber. They have very few calories and are low in carbohydrates.

There are two main types of vegetables—starchy and non-starchy.

- Starchy vegetables are foods like: potatoes, corn, peas, hardy winter squash these are included in the “grains or starchy vegetable portion of your plate”
- Non Starchy vegetables are: everything else. Half your plate should be filled with non starchy vegetables.

Enjoy the colorful variety of vegetables to brighten your plate. With half of your plate filled with vegetables, your options are endless for delicious combinations. If you are still hungry after the food on your plate is gone, try having a salad with a low-calorie dressing to satisfy your appetite and get an extra serving or two of vegetables in at the same time.



Enjoy the fall harvest. Apples, pumpkins, pears and squash are full of antioxidants, fiber and vitamins and minerals. Check out local farm stands for the best prices!

CELEBRATE RED RIBBON WEEK

October 24-31, 2016

October 24– Wear **RED** Day

“Red-y to Live Drug Free and Make a Difference”

Everyone is encouraged to wear red or ribbon shirts and dresses
Red Ribbon Awareness Walk @ The Walking Trail 5:00pm

October 25– Neon Day

“I’m too bright for drugs” Wear bright colored clothing

October 26– Jersey Day

“Stay in the Game, Play Drug Free”

Wear your favorite jersey or sports shirt.

Minute to Win It! Family Game Night @ The Mohawk School 6:00pm

October 27– Crazy Hair/Mustache Day

“Hairs to a drug free life. I mustache you not to do drugs” Wear your crazy hairstyle and/or mustache

October 28- Superhero Day

“Be a hero, have the power to say no” Wear your favorite superhero clothing.

Trunk or Treat @ Mohawk International Raceway 5:00pm

October 31– Costume Day

“Say BOO to Drugs.” Wear your costume.



NOT JUST FOR A WEEK, BUT FOR A LIFE!

Sponsored by the A/CDP Prevention Program

518-358-2967

Nursing Notes

Diabetic Nerve Pain

If you have diabetes and shooting, burning, pins and needles pain in your feet or hands, you could have painful diabetic peripheral neuropathy—also known as diabetic nerve pain. It is a common complication of diabetes. The most common cause is poorly controlled blood sugar over time.

Diabetic nerve pain can take years to develop. In the early stages, you may have no signs at all, and then only start to feel a tingling or numbness in your feet. As it progresses, you may also feel the pain in your hands and it is often worse at night. This means that your nerves may be damaged for a long time before you experience painful symptoms.

Nerve damage can't be reversed, but controlling your blood sugar can help prevent further damage. Talk to your doctor if you experience any symptoms of diabetic nerve pain.

Nearly half of those living with diabetes have some form of nerve damage, but many don't know it. Poor diabetes control may also increase the risk for nerve damage that can become painful. For one out of five people living with diabetes, nerve damage can cause burning, shooting pain in the feet or hands—a condition known as painful diabetic peripheral neuropathy, or diabetic nerve pain.

Symptoms of diabetic nerve pain

These are some of the most common symptoms of diabetic nerve pain:



- Shooting
- Burning
- Pins and needles
- Numbness
- Electric shock-like
- Throbbing
- Tingling
- Stinging
- Stabbing
- Radiating
- Sensitivity to touch

How is diabetic nerve pain different from other pain?

There are two types of pain—muscle pain or nerve pain. Both types of pain are your body's way of telling you that something is wrong but each has its own cause, symptoms, and management.

Muscle pain is a "protective" form of pain. It is caused by something specific like an injury or inflammation. The nerves in the injured muscle or joint send electric signals to the brain as a warning that damage has occurred and the activity you're doing is causing harm. If you limit or stop the harmful activity, muscle pain can get better over time.

Nerve pain is a "non-protective" form of pain. It occurs when your nerves are damaged by an injury or disease, such as diabetes. Your nerves send extra electrical signals to the brain. This causes pain when you do something that is not normally painful, like putting on shoes. Diabetic nerve pain is a sign that the nerves in your feet or hands are damaged. It can't be improved by changing or limiting your activities but can be managed.

Don't ignore your diabetic nerve pain

Diabetes has many complications. You may think that the pain you're feeling is your fault and that there's nothing you can do about it. This is not true. If you have diabetic nerve pain, you can't undo the nerve damage that has already been done, but you can work with your doctor to learn how to control your blood sugar levels better, which may stop the nerve damage from progressing.

For this reason, don't ignore your symptoms or hope that they'll go away over time. If you do nothing, your pain may only get worse. It's very important that you talk to your doctor about your symptoms and how he or she can help manage your pain.

How diabetic nerve pain can impact you

Many people live with diabetic nerve pain for a long time without noticing how much it affects their day-to-day-life. Don't let this happen to you. Diabetic nerve pain may be one of the most intense pains that you can feel. Over time it can cause difficulties with walking, working, or taking part in social activities.

If diabetic nerve pain is stopping you from doing what you want to do, see your doctor and discuss how to manage this pain. By managing your diabetic nerve pain, you may be able to get back to some of the activities you've been missing and focus on your overall diabetes care.

Submitted by Cherie Bisnett,RN

Information from: American Diabetes Association

Fitness

The Mental Health Benefits of Exercise

Aside from regular exercise being good for your body, it is also one of the most effective ways to improve your mental health. Exercise has a positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

What motivates individuals to stay active is getting the giant sense of well-being. They feel more energetic throughout the day, sleeping better at night and feeling more relaxed and positive about themselves and their lives.

Other Mental and Emotional Benefits of Exercise

•**Sharper memory and thinking.** The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.

•**Higher self-esteem.** Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and, by meeting even small exercise goals, you'll feel a sense of achievement.

•**Better sleep.** Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.

•**More energy.** Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

•**Stronger resilience.** When faced with mental or emotional challenges in life, exercise can help you cope in a healthy way, instead of resorting to alcohol, drugs, or other negative behaviors that ultimately only make your symptoms worse. Regular exercise can also help boost your immune system and reduce the impact of stress.

Submitted By: Jessica Hopps, Health Promotion Specialist

Tips for a Healthy Halloween

Halloween is the highlight of the year for many kids, but for many health experts this candy focused holiday is a nightmare. Childhood obesity has increased at alarming rates throughout the country, nearly 1 in 3 children are overweight or obese. Based on nutrition labels and popular candies, the average child consumes 3,500-7,000 calories on Halloween night. Halloween shouldn't be all spooks and no fun, if your child eats healthy all year long, experts say there is nothing wrong with letting them indulge, but within moderation. Below are some tips to help keep your Halloween healthy:



Fill up before Trick or Treating: Eat a full meal before trick or treating, this will help keep the kids feel full and less likely to eat candy.

Procrastinate: Purchase Halloween candy the day before to avoid temptation and over indulging.

Trick or Treat and Exercise: Encourage parents to have kids walk house to house rather than drive. Have the kids walk an extra lap around the block.

Hide & Rest: Keep enough candy to allow 1-3 pieces a day for one or two weeks, the rest can go in the freezer. Out of sight out mind.

Be Calorie Conscious: Halloween can be a great time to teach kids how to make smarter and healthier decisions. Teach balance and moderation, to help achieve overall healthy eating pattern.

Be That House: Choose healthier options such as clementines, snack size bags of pretzels, 100% fruit juice boxes, instead of sugary candy.

Submitted By: Steevi King, Health Promotion Specialist



Cooking with Squash



Ingredients

2 butternut squash (about 4 3/4 pounds total), halved lengthwise, seeded
2 tablespoons vegetable oil
2 cups thinly sliced onion
1 tablespoon golden brown sugar
2 teaspoons minced fresh ginger
2 garlic cloves, coarsely chopped
1/2 cinnamon stick
5 cups (or more) canned low-salt chicken broth
Chopped fresh parsley

Butternut Squash Soup with Ginger



Directions:

Preheat oven to 375°F. Oil baking sheet. Place squash, cut side down, on baking sheet. Bake until squash is very soft, about 50 minutes. Using paring knife, remove peel from squash; discard peel. Cut squash into 2-inch pieces. Heat oil in heavy large pot over medium-low heat. Mix in onion, brown sugar, ginger, garlic and cinnamon. Cover pot and cook until onion is tender, about 15 minutes. Add squash and 5 cups chicken broth. Bring to boil. Reduce heat to medium-low. Cover and simmer 10 minutes. Discard cinnamon.

Working in batches, purée soup in blender. (Can be prepared 1 day ahead. Cool slightly. Cover and refrigerate.) Return soup to pot. Season soup with salt and pepper. Bring to simmer, thinning soup with more broth if necessary. Ladle into bowls. Sprinkle with parsley and serve.

Oven Roasted Squash with Garlic and Parsley

Ingredients:

1/4 tsp. Freshly ground pepper, divided
3 cloves garlic, minced
2 Tbs. Chopped Italian Parsley
2 Tbs. Extra Virgin Olive Oil, divided



Directions:

Preheat oven to 375 °F.

Toss squash with 4 teaspoons oil, salt and 1/4 teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash).

Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve.

- Make Ahead Tip: Cut squash up to 1 day ahead; store airtight in the refrigerator.
- Kitchen Tip: Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

Spaghetti Squash vs Pasta

If you are searching for a healthy and low-carbohydrate pasta alternative, try substituting spaghetti squash in your favorite pasta recipe. This squash gets its name from the long spaghetti-like strands that form when you scrape its cooked flesh with a fork. Both wheat pasta and spaghetti squash offer nutritional benefits. Understanding their nutritional profiles can help you choose which option best suits your dietary needs.

Calories

Spaghetti squash is significantly lower in calories than traditional pasta. A 1-cup serving of cooked spaghetti squash has 42 calories, while 1 cup of cooked pasta has 221 calories. If you are following a low-calorie diet, consider substituting spaghetti squash for pasta. Doing so can save you 180 calories per cup.

Carbohydrates

Carbohydrates are your body's main source of expendable energy. They are absorbed into your body as glucose, and are then converted into energy that fuels bodily and metabolic functions.

One cup of cooked pasta contains 42 grams of carbohydrates, making it a high-energy, yet high-carbohydrate option. Spaghetti squash contains 10 grams of carbohydrates per cup. If you are diabetic or following a low-carbohydrate diet, choosing spaghetti squash over pasta can significantly reduce your carbohydrate intake.

Nutrients

One cup of cooked pasta contains 8 grams of protein, 2.5 grams of fiber. Protein is a necessary macronutrient that helps support muscle strength, while fiber supports your digestive system.

Spaghetti squash has a high water content. One cup of cooked squash contains 143 grams of water. Foods high in water can increase your daily water intake. They also typically are lower in calories than foods with little or no water content. Spaghetti squash is also a good source of fiber, with 2.2 grams in a 1-cup serving. Spaghetti squash also contains beta carotene, which can help improve eye and skin health, maintain a strong immune system and can help prevent infection.

Preparation

Both pasta and spaghetti squash are quick and simple to prepare. Pasta requires only a pot of water, the pasta of your choice and a strainer. Put pasta in boiling water and cook eight to 12 minutes or until it is chewy yet firm, then drain.

To make spaghetti squash, halve a squash lengthwise. Scrape out the seeds, and then bake at 350 degrees Fahrenheit for 30 to 40 minutes. Once the squash is cool enough to handle, run a fork through the flesh to create spaghetti strands.

Top your pasta or spaghetti squash with marinara, pesto or olive oil. Add cooked vegetables, meat or cheese to your dish to increase its nutrition.

Spaghetti Squash with Olives and Pecorino

Ingredients :

1 small spaghetti squash
¼ c. Kalamata olives
3 tbsp. Grated Pecorino Romano cheese
2 tbsp. Chopped parsley
1 tbsp. olive oil
2 tsp. red wine vinegar



Directions

Pierce spaghetti squash all over. On plate, microwave squash on High 14 minutes or until tender. Let cool.

Cut squash in half lengthwise; discard seeds. With fork, scrape squash lengthwise; place strands in medium bowl. Mix in olives, Pecorino Romano, parsley, olive oil, and red wine vinegar. Serve warm as a side dish.

*Tips: Replace Pecorino Romano with Parmesan



Ingredients:

1½ pt. cherry or grape tomatoes
¼ c. olive oil
2 tsp. minced garlic
1 spaghetti squash
1 large zucchini
¼ tsp. ground black pepper
Shredded Parmesan (optional)

Roasted Spaghetti Squash, Tomatoes and Zucchini



Directions:

Position oven racks to divide oven into thirds. Heat oven to 425°F. Line two 15 x 10 x 1/2-in. baking pans with nonstick foil.

Halve tomatoes; place tomatoes, 3 Tbsp oil and the garlic in a 13 x 9-in. baking dish. Halve spaghetti squash lengthwise and scoop out seeds. Brush cut surface of squash with a little of the remaining 1 Tbsp oil; place flesh-side down on a foil-lined pan. Quarter zucchini lengthwise and cut into 3/4-in. pieces. Place on other foil-lined pan; toss with remaining oil. Roast tomatoes and spaghetti squash on top rack 40 minutes until you can easily pierce squash shell. Roast zucchini on bottom rack 30 minutes, tossing once, until tender and slightly browned.

Scrape strands of spaghetti squash into a large bowl. Toss zucchini with roasted tomatoes, the salt and pepper; spoon over spaghetti squash. Sprinkle with Parmesan, if using.

*To make a meal, serve with Roasted Chicken



Health Benefits of Pumpkin

Pumpkin seeds often called pepitas are a good source of heart healthy fats.

Great source of fiber keeping you full longer.

High in beta carotene, an antioxidant that helps prevent cancer.

More potassium than a banana.

Uses for 100% Pure Pumpkin Puree

- Add a scoop to Greek vanilla yogurt with a dash of cinnamon.

-Add a few tablespoons to oatmeal with chopped pecans and a drizzle of honey.

-Add to a smoothie recipe.

-Baby food.

-Mix it in with chili.

-Add a scoop to your apples when making apple crisp.

-Mix a scoop with original store bought hummus or when making your own hummus recipe, serve with cinnamon pita chips.

